



MAPA DE AULAS

VIVAGYM ALFRAGIDE NORTE



DATA INÍCIO: 30/06

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	POWERWOD E2 30'						
06:45			CYCLING E1 45'				
07:00		BODYPUMP E2 45'			BODYPUMP E2 45'		
07:00				PILATES E2 45'			
09:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
10:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	CYCLING E1 45'	
11:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
11:00						BODYPUMP E2 45'	
11:00							BODYBALANCE E2 45'
12:15	BODYPUMP E2 45'						
12:30		CYCLING E1 45'				VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
12:30					HYROXWOD BOX 30'		
12:45			PILATES E2 45'				
13:00				BODYPUMP E2 45'			
13:30						VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
14:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
15:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
18:00			BODYPUMP E2 45'				
18:15		3B E2 45'					
18:30	HYROXWOD BOX 30'			POWERWOD E2 30'			
18:30					CYCLING E1 45'		
18:45	CYCLING E1 45'						
19:00			CYCLING E1 45'				
19:15		PILATES E2 45'		PILATES E2 45'			
19:45	BODYPUMP E2 45'						
20:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES

FITDRINK

A TUA ÁGUA VITAMINADA



DESDE
3'90c
Antes
4'10

*PROMOÇÃO VÁLIDA APENAS EM ALGUNS DOS NOSSOS CLUBES. CONSULTA AS CONDIÇÕES DA PROMOÇÃO E OS CLUBES ADERENTES EM NOSSO BLOG.

- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATÓRIO.
- > NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO

CORPO E MENTE

FORÇA

FUNCIONAL

CYCLING

DANÇAS

ABS

CYCLING
VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.VIVAGYM.PT OU APP